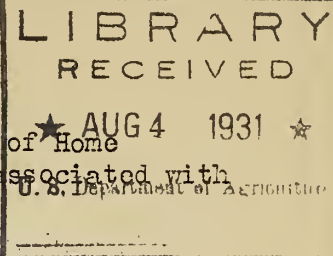


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A radio talk by Mrs. Rowena Schmidt Carpenter, Bureau of Home Economics, delivered through WRC and 42 other radio stations associated with the National Broadcasting Company, Thursday, July 23, 1931.

How do you do, Homemakers:

If you've been as hot as we have you will welcome my idea today of talking about refreshing things to eat. Because, you know, we must eat though we wonder how we can when the Mercury rises and we wilt and grow limp. Sometimes what we most need when we feel all fagged out is an attractive meal served where it is cool, or where a bit of green and an electric fan make it seem cool.

Some of us think that a cold plate dinner and an iced drink are the only possible hope of reviving at mealtime on hot days. There is no doubt about it that cool things are appetizing in weather like this.

See how you like this idea for a refreshing evening meal after a blistering hot day; a cold plate for the main course and a cold dessert: -

Jellied fish salad - sliced home-grown tomatoes - crisp potato chips
Hot rolls and butter -- Iced tea with mint and lemon
Chilled watermelon

That's a nice meal for the cook. It can be prepared in the cool of the morning. Everything cold but the rolls, and they are re-heated quickly at the last minute so, as not to heat up the house. Rolls can, you know, be warmed in a closely covered kettle over a low flame, with an asbestos mat to help distribute the heat evenly and slowly. Jellied fish salad is made of salmon or of tuna fish, molded in gelatin. The recipe is on page 32 of the new edition of the radio cook book, called Aunt Sam's Radio Recipes Revised. Most everything I shall suggest in my hot weather menus today is found in that little green cook book so you had better let us send you a copy if you haven't one.

This jellied fish salad reminds me that one way of making food appetizing in hot weather is to mold it in gelatin. Of course, we mustn't overdo it, but now and then during the week remember to have a gelatin dessert, a jellied vegetable salad, or meat in aspic.

So much for a cold menu. I might suggest one built around assorted cold cuts of meat and another featuring chicken salad or deviled eggs, but I want instead to talk about hot meals suitable for summer because some of us feel our digestive systems work better with something warm to cheer them. There are any number of cooked hot dishes that are equally as appetizing as chilled ones. If you're like a friend of mine who says she must have something hot every meal if it's nothing else than a cup of piping tea, you may choose this dinner for a hot noon or night:--

Rice ring filled with creamed dried beef or with creamed chopped ham
Mixed savory greens - Tart red jelly - Crisp celery
Honey ball melon with lemon

Rice ring with a creamed meat is a satisfying sort of dish that fills the bill of meat, starchy vegetable, and breadstuff all at once. The cooked greens and the crisp celery together take the place of a salad, especially in a meal that finishes with a chilled melon and lemon juice.

Here's a very different kind of meal. It starts off with a salad, the California way. That's a nice idea because salads, by their very nature, are cool, crisp, and tart so they are excellent appetizers. And served first, they are sure to still be crisp and cool right out of the refrigerator. And now the menu:-

Fruit salad - Cheese toast with crisp bacon - Fried tomatoes
Sponge cake - Limeade

Make your salad of fresh fruits in season served on crisp lettuce or one of the other salad greens, with French dressing. The cheese toast is a sort of thick cheese rarebit baked on slices of bread that have been toasted on one side. Made of sharp cheese and served with a slice of crisp bacon it is a surprise worth trying on your family, especially with fried tomatoes. And to top off this meal, a simple sponge cake and cool limeade. There is nothing so refreshing to my notion as a fruitade, limeade, lemonade, or orangeade.

I had some more menus for you but there isn't time to give them now. If you'd like, I'll save them until week after next. Next Thursday, Miss Clarice Louise Scott will tell you some of the things she has found out about planning and making little girl's dresses. Remember to send for Aunt Sammy's Radio Recipes Revised, and you may have a copy of the menus I have given today if you want them.

Goodbye, Homemakers, until next Thursday!